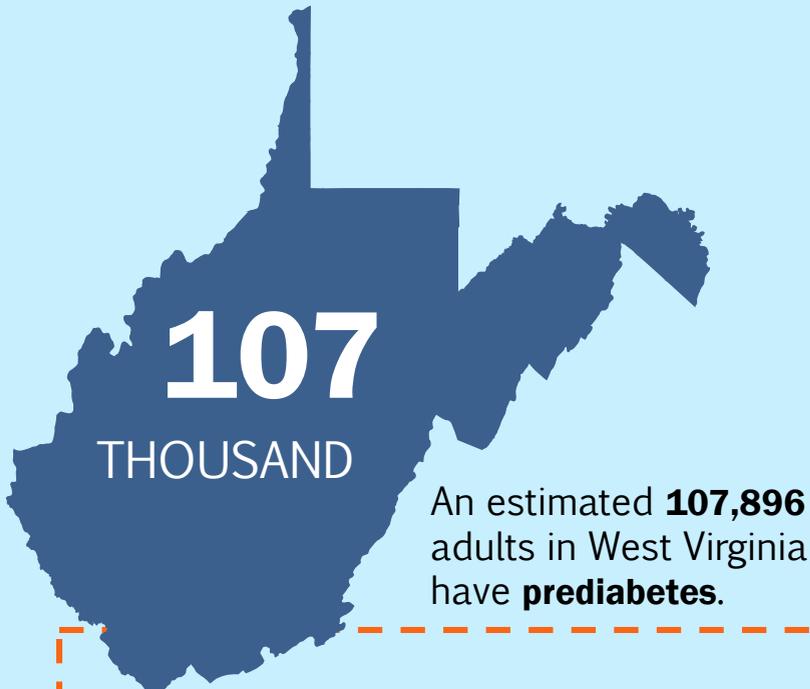


Prediabetes in West Virginia



Prediabetes is when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes.

If you have prediabetes,

Losing weight by eating healthy and being more active can cut the risk of type 2 diabetes in **HALF**

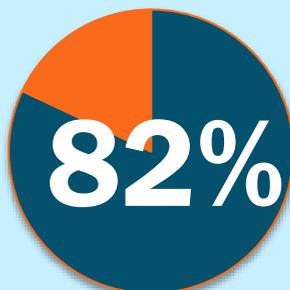
BUT

Without losing weight and being more active, **15–30% of people with prediabetes will develop type 2 diabetes WITHIN 5 YEARS**

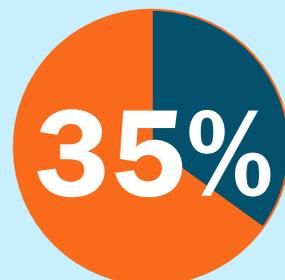
→ Among adults in West Virginia with prediabetes:



62% have high blood pressure



82% are obese or overweight



35% are physically inactive

These factors increase the risk of prediabetes:



Prediabetes increases the risk of:



Heart disease



Stroke



Type 2 diabetes

Diabetes causes serious health issues:



Vision loss

Stroke

Heart disease

Pregnancy complications

Kidney disease

Loss of limb

Type 2 diabetes can be prevented by:

1. Eating healthy
2. Being more active and
3. Losing weight

The National Diabetes Prevention Program teaches participants how to lose a modest amount of weight and strategies for healthy living.

National Diabetes Prevention Program in West Virginia

Visit <http://tinyurl.com/o2498k6> to find classes in your area.

Contact the Division of Health Promotion and Chronic Disease at 304-356-4193 for more information.